

# STIC Search Report

## STIC Database Tracking Number: 168460

TO: Merilyn Nguyen Location: RND 3C19

Art Unit: 2163

Thursday, October 13, 2005

Case Serial Number: 10/010393

From: Emory Damron Location: EIC 2100

**RND 4B19** 

Phone: 571-272-3520

Emory.Damron@uspto.gov

## Search Notes

### Dear Merilyn,

# BEST AVAILABLE COPY

Please find below your fast and focused search.

References of potential pertinence have been tagged, but please review all the packets in case you like something I didn't.

Of those references which have been tagged, please note any manual highlighting which I've done within the document.

In addition to searching on Dialog, I also searched EPO/JPO/Derwent.

There may be a few decent references contained herein, but I'll let you determine how useful they may be to you.

Please contact me if I can refocus or expand any aspect of this case, and please take a moment to provide any feedback (on the form provided) so EIC 2100 may better serve your needs. Good Luck!

Sincerely,

**Emory Damron** 

Technical Information Specialist

EIC 2100, US Patent & Trademark Office

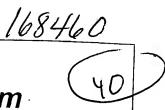
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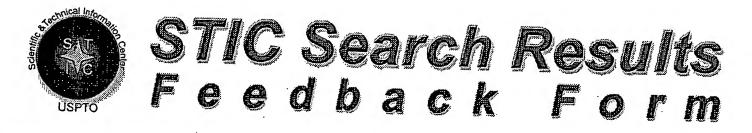
# STIC EIC 2100 Search Request Form



USPTO		requestroin	
Today's Date: 0.5 104105	10/07/05 Priority E	nte would you like to use to limit the search? Date: 12/07/00 Other:	
Room # Qan 30 18 Serial # 0 0  Is this a "Fast & Foc A "Fast & Focused" Sea	Examiner # 7 93 8 9  Phone <b>\$ 24026</b> 10 39 3  cused" Search Request? (Circlerch is completed in 2-3 hours (maxine criteria are posted in EIC2100 and	Format for Search Results (Circle One):  PAPER DISK EMAIL  Where have you searched so far?  USP DWPI EPO JPO ACM IBM TDB  IEEE INSPEC SPI Other  e One) YES (NO)  imum). The search must be on a very specific topic and ad on the EIC2100 NPL Web Page at	
What is the topic, novelty, motivation, utility, or other specific details defining the desired focus of this search? Please include the concepts, synonyms, keywords, acronyms, definitions, strategies, and anything else that helps to describe the topic. Please attach a copy of the abstract, background, brief summary, pertinent claims and any citations of relevant art you have found.			
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XCOPY



## EIC 2100

Questions about the scope or the results of the search? Contact the EIC searcher or contact:

Anne Hendrickson, EIC 2100 Team Leader 272-3490, RND 4B28

Voluntary Results Feedback Form
> I am an examiner in Workgroup: 2163 Example: 2133
<ul> <li>▶ Relevant prior art found, search results used as follows:</li> <li>□ 102 rejection</li> <li>□ 103 rejection</li> <li>□ Cited as being of interest.</li> <li>□ Helped examiner better understand the invention.</li> <li>□ Helped examiner better understand the state of the art in their technology.</li> </ul>
Types of relevant prior art found:    Foreign Patent(s)   Non-Patent Literature   (journal articles, conference proceedings, new product announcements etc.)
> Relevant prior art not found:
Results verified the lack of relevant prior art (helped determine patentability).  Results were not useful in determining patentability or understanding the invention.
Comments:



Drop off or send completed forms to STIC/EIC2100 RND, 4B28

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S27
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                IDPAT (sorted in duplicate/non-duplicate order)
File 347: JAPIO Nov 1976-2005/Jun (Updated 051004)
         (c) 2005 JPO & JAPIO
File 350: Derwent WPIX 1963-2005/UD, UM &UP=200565
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(Item 88 from file: 350) 27/3,K/88 DIALOG(R) File 350: Derwent WPIX (c) 2005 Thomson Derwent. All rts. reserv. 014213326 \*\*Image available\*\* WPI Acc No: 2002-034024/200204 XRPX Acc No: N02-026228 Health data delivery system includes computer to which performance data is input, based on individual user 's convenience Patent Assignee: GETFIT.COM (GETF-N) Inventor: FELLED O; HAGLE C; LEVITT R; MEZVINSKY M; WIENER A Number of Countries: 090 Number of Patents: 002 Patent Family: Patent No Kind Date Applicat No Kind Date Week A2 20010308 WO 2000US22267 A WO 200116855 20000811 200204 B 20010326 AU 200067714 AU 200067714 Α Α 20000811 200204 -> ABANDONED Priority Applications (No Type Date): US 99373646 A 19990813 Patent Details: Patent No Kind Lan Pq Main IPC Filing Notes WO 200116855 A2 E 128 G06F-019/00 Designated States (National): AE AL AM AT AU AZ BA BB BG BR BY CA CH CN CR CU CZ DE DK DM EE ES FI GB GD GE GH GM HR HU ID IL IN IS JP KE KG KP KR KZ LC LK LR LS LT LU LV MA MD MG MK MN MW MX NO NZ PL PT RO RU SD SE SG SI SK SL TJ TM TR TT TZ UA UG UZ VN YU ZA Designated States (Regional): AT BE CH CY DE DK EA ES FI FR GB GH GM GR IE IT KE LS LU MC MW MZ NL OA PT SD SE SL SZ TZ UG ZW AU 200067714 A G06F-019/00 Based on patent WO 200116855 Health data delivery system includes computer to which performance data is input, based on individual user 's convenience Abstract (Basic): An individual user inputs performance data into a portable device or directly into data delivery system, based on... ...in the system. Performance data is input to a computer that communicates health, nutrition and fitness programs to portable device, based on individual user 's convenience. The performance data is then recorded in application stored in computer. The application resident in the computer, creates and manages one or more health, nutrition and fitness programs. The computer includes an interface for transferring health, nutrition and fitness programs between computer and portable device or allows an individual user to transfer current health, nutrition and fitness programs to the portable device directly. Real-time feedback and analysis are provided with respect to the performance data... ... For establishing, maintaining and improving exercise, nutrition or rehabilitation regime, for use with interactive electronic devices such as personal digital assistants, Palm Pilot, Vitalwatch... ... Establishes, maintains and improves exercise, nutrition or rehabilitation regime. Provides data delivery system that operates over multiple interactive platforms and that is synchronized via world wide web . . . .

... The figure shows the block diagram of health and fitness data delivery

... Title Terms: USER ;

International Patent Class (Main): G06F-019/00

...Manual Codes (EPI/S-X): T01-G11C ...

... T01-H07C5E ...

... T01-H07C5S ...

... T01-J05B4P ...

... T01-J06A1 ...

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## (19) World Intellectual Property Organization International Bureau





#### (43) International Publication Date 8 March 2001 (08.03.2001)

#### **PCT**

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13 August 1999 (13.08.1999) US

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- (84) Designated States (regional): ARIPO patent (GH, GM, KE, LS, MW, MZ, SD, SL, SZ, TZ, UG, ZW), Eurasian patent (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European patent (AT, BE, CH, CY, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT, SE), OAPI patent (BF, BJ, CF, CG, CI, CM, GA, GN, GW, ML, MR, NE, SN, TD, TG).

#### Published:

 Without international search report and to be republished upon receipt of that report.

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: METHOD AND APPARATUS FOR ESTABLISHING, MAINTAINING, AND IMPROVING AN EXERCISE, NUTRITION, OR REHABILITATION REGIME

(57) Abstract: The invention provides a personalized health, nutrition, and fitness data delivery system that operates over multiple interactive platforms, and that is synchronized via the World Wide Web. A side from conventional printing capabilities, the herein described fitness training system works with multiple interactive electronic devices such as the Palm Pilot and the VitalWatch, which is a wrist based, Web-enabled personal trainer. A key feature of the herein described system is the GetFit.com Web site which houses intelligent technology, along with a complete set of software tools used to create and manage fitness programs and transfer them to and from a portable device, such as the Palm Pilot or VitalWatch. The site also provides its visitors with a rich interactive experience where they can educate themselves on proper fitness training techniques and nutrition, and communicate with other users who have similar interests.

#### **CLAIMS**

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1. A data delivery system, comprising:

an application resident in a computer for creating and managing one or more health, nutrition, and/or fitness programs;

means within said application for generating said one or more health, nutrition, and/or fitness programs for transfer to either of a portable device or a printer;

said computer comprising an interface for transferring said one or more health, nutrition, and/or fitness programs between said computer and said portable device if said system is configured to include a portable device;

said computer comprising means for allowing an individual user to transfer a current health, nutrition, and/or fitness programs to said portable device directly from said computer if said system is configured to include a portable device;

wherein said individual user inputs performance data into said portable device while working out if said system is configured to include a portable device, or said individual user inputs performance data directly into said system if said system is not configured to include a portable device; and

wherein said performance data is input to said computer at said individual user's convenience:

said application further comprising means for recording said performance data; and

means for providing real time feedback and analysis with respect to said performance data.

30 2. The system of Claim 1, wherein either of said portable device and a printout leads said individual user through a fitness regime step-by-step

during a workout, indicating any of which exercises to perform, a number of sets and repetitions, a weight to be used, and a rest time between exercises.

- The system of Claim 1, said application further comprising any of:
   means for user profiling;
   means for program creation;
   means for program management; and
   means for program analysis.
- 10 4. The system of Claim 1, said application further comprising: one or more intelligent agents for determining best fit programs that provide each individual user with increasingly customized feedback over time.
- The system of Claim 3, said means for user profiling comprising:
   means for performing a thorough assessment of an individual user,
   said assessment comprising any of:
   biometrics, medical history/profile, diet, and goals.
- 6. The system of Claim 5, wherein said assessment further comprises:
  means for requiring an individual to take one or more tests.
- The system of Claim 7, further comprising:

   an intelligent agent for evaluating said individual user based upon information entered by said individual user, as well as information acquired

   through inferential processes, once said assessment is complete.
  - 8. The system of Claim 7, further comprising:a memory for storing said information in an individual user's profile.
- 30 9. The system of Claim 8, further comprising: means for updating said profile dynamically based on performance data and changes in said individual user's preferences.

10. The system of Claim 8, said profile comprising any of:

personal information and generic goals to be achieved as a result of using the system.

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- 11. The system of Claim 3, wherein programs are created either manually or with an intelligent agent.
- 12. The system of Claim 11, further comprising:

a manual program creation tool that provides individual users with an intuitive, graphical interface to create a program, said manual program creation tool comprising:

means for adding exercises to a workout by clicking on a muscle group to work, selecting a desired exercise from a drop-down menu, and specifying the workout parameters which may include any of sets, repetitions, weight, and rest.

- 13. The system of Claim 12, further comprising:
- a display for showing a human figure with a muscle group to be exercised highlighted.
  - 14. The system of Claim 13, further comprising:

means for allowing said individual user to select a group of muscles by a gesture; and

- means for suggesting exercises that may be performed to work said selected muscle group.
  - 15. The system of Claim 11, said intelligent agent comprising:

means for creating a personalized program based on information found in an individual user's profile, said program creation agent further comprising:

a declarative knowledge base of constraints comprising an encapsulation of rules that professionals use to create workout programs.

16. The system of Claim 2, further comprising:

multimedia video clips of professionals performing said exercises with accompanying explanations.

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- 17. The system of Claim 3, wherein said means for program management are managed by an individual user or by an intelligent agent.
- 18. The system of Claim 17, wherein said intelligent agent automatically creates an entire program and tracks that program through an individual user's personalized calendar.
  - 19. The system of Claim 3, wherein said means for program analysis comprises:
- an analysis tool for interpreting program data and providing said individual user with feedback on program performance.
  - 20. The system of Claim 19, wherein performance data are read into said analysis tool from said individual user's history profile.

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- 21. The system of Claim 19, wherein said analysis tool charts the progress of certain muscles and exercises over time and compares that data to standard data based on gender and age group.
- 25 22. The system of Claim 2, further comprising:

means for sending intermittent reminders to individual users if irregularities in said individual user's performance patterns are detected.

23. The system of Claim 2, said application further comprising:

a plurality of rules that are defined independently in any of the following locations:

an exercise template that is used as default when an exercise is put into a workout;

a workout template that is used as default when said workout is assigned to a calendar; and

an assigned workout that changes a rule for all workouts of the same type coming after that workout and all corresponding child level workouts by overwriting any previous changes.

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24. A health and fitness data delivery system, comprising:

an application resident in a computer for creating and managing one or more fitness programs, said application further comprising:

means for user profiling;

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means for workout creation;

means for workout management; and

means for workout analysis.

25. The system of Claim 24, further comprising:

means within said application for generating said one or more fitness programs for transfer to a portable device;

said computer comprising an interface for transferring said one or more fitness programs between said computer and said portable device;

said computer comprising means for allowing an individual user to transfer a current fitness program workout to said portable device directly from said computer;

wherein said portable device leads said individual user through a fitness routine step-by-step during said workout, indicating any of which exercises to perform, a number of sets and repetitions, a weight to be used, and a rest time between exercises:

wherein said individual user inputs performance data for each exercise into said portable device while working out; and

wherein said performance data is uploaded back to said computer at said individual user's convenience:

said application further comprising means for recording said performance data; and

means for providing real time feedback and analysis with respect to said performance data.

26. The system of Claim 24, said means for user profiling comprising:

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an intelligent agent for evaluating said individual user's physical condition based upon information entered by said individual user, as well as information acquired through inferential processes, once said assessment is completed, said evaluation comprising any of:

biometrics, medical history/profile, workout history, diet, and goals;

wherein said assessment requires an individual to take one or more tests to determine said individual user's level of fitness:

a memory for storing said information in an individual user's profile; means for updating said profile dynamically based on performance data and changes in said individual user's preferences;

said profile comprising any of personal information and generic goals to be achieved as a result of using the system.

27. The system of Claim 24, wherein workouts are created manually with a manual workout creation tool that provides individual users with an intuitive, graphical interface to create a workout, said manual workout creation tool comprising:

means for adding exercises to a workout by clicking on a muscle group to work, selecting a desired exercise from a drop-down menu, and specifying the workout parameters which may include any of sets, repetitions, weight, and rest:

a display for showing a human figure with a muscle group to be exercised highlighted;

means for allowing said individual user to select a group of muscles by a gesture; and

means for suggesting exercises that may be performed to work said selected muscle group.

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28. The system of Claim 24, wherein workouts are created with an intelligent agent comprising:

means for creating a personalized workout based on information found in an individual user's profile, said workout creation agent further comprising:

- a declarative knowledge base of constraints comprising an encapsulation of rules that personal trainers use to create workout programs.
- 29. The system of Claim 24, wherein said means for workout management are managed by an intelligent agent, wherein said intelligent agent automatically creates an entire workout program and tracks that program through an individual user's personalized calendar.
- 30. The system of Claim 24, wherein said means for workout analysis comprises:
- an analysis tool for interpreting workout data and providing said individual user with feedback on workout performance;

wherein performance data are read into said analysis tool from said individual user's workout history profile; and

wherein said analysis tool charts the progress of certain muscles and exercises over time and compares that data to standard data based on gender and age group.

- 31. The system of Claim 24, said application further comprising:
- a plurality of rules that are defined independently in any of the following locations:

an exercise template that is used as default when an exercise is put into a workout;

a workout template that is used as default when said workout is assigned to a calendar; and

an assigned workout that changes a rule for all workouts of the same type coming after that workout and all corresponding child level workouts by overwriting any previous changes.

#### 32. A health and fitness data delivery system, comprising:

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a portable device comprising a display, a user input mechanism, a memory for storage workout and user information, and an interface for exchanging said workout and user information with another device:

an application resident in a computer for creating and managing one or more fitness programs;

means within said application for generating said one or more fitness programs for transfer to said portable device;

said computer comprising an interface for transferring said one or more fitness programs between said computer and said portable device;

said computer comprising means for allowing an individual user to transfer a current fitness program workout to said portable device directly from said computer;

wherein said portable device leads said individual user through a fitness routine step-by-step during said workout, indicating any of which exercises to perform, a number of sets and repetitions, a weight to be used, and a rest time between exercises;

wherein said individual user inputs performance data for each exercise into said portable device while working out; and

wherein said performance data is uploaded back to said computer at said individual user's convenience;

said application further comprising means for recording said performance data; and

means for providing real time feedback and analysis with respect to said performance data.

33. A health and fitness data delivery system, comprising:

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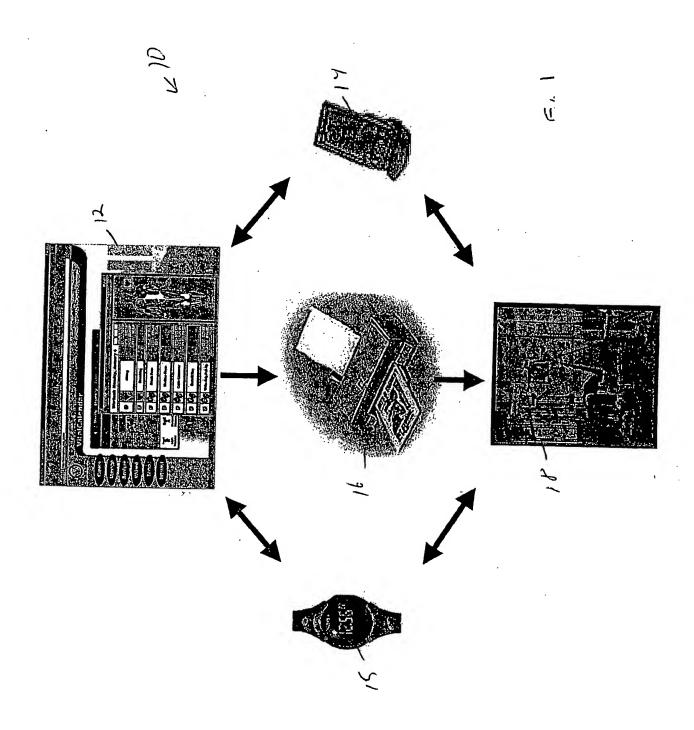
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a portable device comprising a display, a user input mechanism, a memory for storage workout and user information, and an interface for exchanging said workout and user information with an application resident in a computer for creating and managing one or more fitness programs, said application generating said one or more fitness programs for transfer to said portable device;

wherein said portable device leads said individual user through a fitness routine step-by-step during said workout, indicating any of which exercises to perform, a number of sets and repetitions, a weight to be used, and a rest time between exercises;

wherein said individual user inputs performance data for each exercise into said portable device while working out; and

wherein said performance data is uploaded back to said computer at said individual user's convenience.



27/3,K/100 (Item 100 from file: 350) DIALOG(R) File 350: Derwent WPIX (c) 2005 Thomson Derwent. All rts. reserv.

013556466 \*\*Image available\*\* WPI Acc No: 2001-040673/200105

XRPX Acc No: N01-030338

Health related information delivery for Internet based health education system, involves determining whether progress is made to achieve preset level of health information forwarded to user , using attribute values

PCT /US00/05790

PROVISIONED EXPINED

Patent Assignee: STAYHEALTY.COM (STAY-N)

Inventor: CARNES B J; COLLINS J R; DAVIS L G; GREEN R L; KAVARS C L;

PETERSEN B W; SCHLAGER K J

Number of Countries: 089 Number of Patents: 002

Patent Family:

Patent No Kind Date Applicat No Kind Date Week WO 200052604 A1 20000908 WO 2000US5790/ Α 20000306 200105 20000921 AU 200037265 Α AU 200037265 Α 20000306 200105

Priority Applications (No Type Date): US 2000518781 A 20000303; US 99122932 P 19990305

Patent Details:

Patent No Kind Lan Pg Main IPC Filing Notes

WO 200052604 A1 E 47 G06F-017/30

Designated States (National): AE AL AM AT AU AZ BA BB BG BR BY CA CH CN CR CU CZ DE DK DM EE ES FI GB GD GE GH GM HR HU ID IL IN IS JP KE KG KP KR KZ LC LK LR LS LT LU LV MA MD MG MK MN MW MX NO NZ PL PT RO RU SD SE SG SI SK SL TJ TM TR TT TZ UA UG UZ VN YU ZA ZW

Designated States (Regional): AT BE CH CY DE DK EA ES FI FR GB GH GM GR IE IT KE LS LU MC MW NL OA PT SD SE SL SZ TZ UG ZW

AU 200037265 A

G06F-017/30 Based on patent WO 200052604 Health related information delivery for Internet based health education system, involves determining whether progress is made to achieve preset level of health information forwarded to user , using attribute values

#### Abstract (Basic):

Attribute values related to the fat/muscle composition, pulse rate and user body movements, are received from the user . Based on attribute values, health related information are identified and forwarded to user , to receive secondary set of attribute values from user . Based on secondary set of data, it is determined whether progress is made to achieve...

The attribute values are received from the user , by querying . . . the user with questions relating to at least one of exercise preferences, social/learning tendencies and behavioral tendencies of the user , and receiving responses to the questions from the user . Education materials chosen from medical/health related journals, video clips and journals are assembled as health related information. The health related information are identified, by matching the attribute values with that of the education materials. The matching is performed by forming a vector based on the attribute values of the user data, which is then compared with the vector formed based on the attribute values of the education materials, for forwarding health related information to the user . The progress in achieving a preset level of fat/muscle composition ratio is determined from another set of attribute values received from the user from time to time. INDEPENDENT CLAIMS are also included for the following...

...c) computer system for delivering health related information to client computer...

- ...For use in **Internet** based health education system for delivering health related information used for preventing and monitoring diseases ...
- ...heart failure, diabetes, etc. Also for educating individuals on health related topics such as diet, exercise, pharmaceutical regimens and self-examination...
- ...Provides cost effective health educational systems that promote health, and **fitness** of **users**. Enables early detection of health problems, continuous and inexpensive monitoring of critical and non-critical...
- ...like obesity, drug abuse, diabetes, etc, are prevented. The health education system continuously modifies it user's health related behavior through distribution of health and wellness educational material that is preferably customized to the individual users, based on the user's behavioral models, cognitive processing tendencies, physiological measures, questionnaire results and patient's health goals and interests. Optimizes the user's educational regimen, based on user's physiological and behavioral base measures...

... Title Terms: USER;

International Patent Class (Main): G06F-017/30

... Manual Codes (EPI/S-X): T01-J05B ...

... T01-J05C ...

... T01-J07A ...

... T01-M02A1B

#### **PCT**

## WORLD INTELLECTUAL PROPERTY ORGANIZATION International Bureau



#### INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(51) International Patent Classification 7:
G06F 17/30
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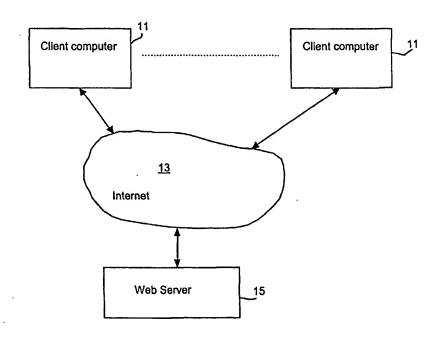
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(54) Title: SYSTEM AND METHOD FOR ON-LINE HEALTH MONITORING AND EDUCATION



#### (57) Abstract

A method of delivering health related information to a user (13). The method includes the steps of receiving a first set of data from the user (11), identifying first health related information based on the first set of data and forwarding (15) the first health related information to the user. The method further includes the steps of receiving a second set of data from the user (11) after the first health related information has been forwarded to the user and determining whether progress has been made to achieve a goal based on the second set of a data. A corresponding software application and a system (13) are also discussed.

#### THE CLAIMS

#### What is claimed is:

1. A method of delivering health related information to a user, comprising:
receiving a first set of data from the user;
identifying first health related information based on the first set of data;
forwarding the first health related information to the user;
receiving a second set of data from the user after the first health related information

has been forwarded to the user; and

determining whether progress has been made to achieve a goal based on the second set of data.

- 2. The method of claim 1 wherein the step of receiving the first set of data comprises:

  receiving data relating to at least one of body fat/muscle composition, pulse rate and body movements of the user.
  - 3. The method of claim 1 wherein the step of receiving the first set of data from the user comprises:
- querying the user with questions relating to at least one of exercise preferences, social/learning tendencies and behavioral tendencies of the user; and receiving responses to the questions from the user.
- 4. The method of claim 1 wherein the step of receiving the second set of data comprises:

receiving data relating to at least one of body fat/muscle composition, pulse rate and body movements of the user.

5. The method of claim 1 wherein the step of receiving the second set of data from the user comprises:

querying the user with questions relating to at least one of exercise preferences, social/learning tendencies and behavioral tendencies of the user; and

receiving responses to the questions from the user.

6. The method of claim 1 further comprising: receiving the second set of data from the user from time to time.

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- 7. The method of claim 1 further comprising:
  assembling a plurality of education materials each of which contains health related information.
- 10 8. The method of claim 7 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.
- 9. The method of claim 7 further comprising:
   assigning attribute values characterizing the plurality of education materials, wherein
   the first data set is a collection of attribute values characterizing a health status of the user.
  - 10. The method of claim 9 wherein the step of identifying the first health related information comprises:
- matching the attribute values of the first data set to the attribute values of the plurality of education materials.
- 11. The method of claim 10 wherein the step of matching comprises:

  forming a vector based on the attribute values of the first set of data;

  forming a plurality of vectors based on the attribute values of the plurality of
  education materials; and
  - comparing the vector of the first set of data with each of the plurality of vectors.
- The method of claim 10 wherein the step of matching comprises:
   performing eigenvector analysis on the attribute values of the plurality of education
   materials;

transforming the attribute values of the plurality of education materials with one or more eigenvectors; and

transforming the attribute values with the one or more eigenvectors.

13. The method of claim 12 wherein the step of matching further comprises:
 performing a clustering analysis on the transformed attribute values of the plurality
 of education materials, to thereby identify one or more prototype education materials; and
 performing a K nearest neighbor analysis to match the transformed first data set to
 the prototype education materials.

14. The method of claim 1 wherein in the goal is a predetermined level of body fat/muscle composition ratio.

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15. The method of claim 14 further comprising:
selecting a new set of education materials to be forwarded to the user based on whether or not progress has been made to achieve the goal.

16. A method of delivering health related information to a user, comprising:
receiving a first set of data from the user, wherein the first data set is a collection of attribute values characterizing a health status of the user;

assembling a plurality of education materials each of which contains health related information;

assigning attribute values characterizing the plurality of education materials; and matching the attribute values of the first data set to the attribute values of the plurality of education materials.

- 25 17. The method of claim 16 wherein the step of receiving the first set of data comprises: receiving data relating to at least one of body fat/muscle composition, pulse rate and body movements of the user.
- 18. The method of claim 16 wherein the step of receiving the first set of data from the user comprises:

querying the user with questions relating to at least one of exercise preferences, social/learning tendencies and behavioral tendencies of the user; and

receiving responses to the questions from the user.

19. The method of claim 16 further comprising:
identifying first health related information based on the matching step; and
forwarding the first health related information to the user.

- 20. The method of claim 19 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.
- 10 21. The method of claim 16 wherein the step of matching comprises:

  forming a vector based on the attribute values of the first set of data;

  forming a plurality of vectors based on the attribute values of the plurality of
  education materials; and

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comparing the vector of the first set of data with each of the plurality of vectors.

22. The method of claim 16 wherein the step of matching comprises:

performing eigenvector analysis on the attribute values of the plurality of education materials:

transforming the attribute values of the plurality of education materials with one or 20 more eigenvectors; and

transforming the attribute values with the one or more eigenvectors.

- The method of claim 22 wherein the step of matching further comprises:
   performing a clustering analysis on the transformed attribute values of the plurality
   of education materials, to thereby identify one or more prototype education materials; and
   performing a K nearest neighbor analysis to match the transformed first data set to
   the prototype education materials.
- 24. A method of adjusting calibrations for a plurality of sensors configured to measure a health status of a user, comprising:

receiving data from each of the plurality of sensors; converting the received data using calibrations for each respective sensor;

comparing the converted data of a first sensor, among the plurality of sensors, with the converted data of other sensors, among the plurality of sensors; and

adjusting the calibration of the first sensor when converted data therefrom exhibit anomaly when compared with the converted data from other sensors.

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- 25. The method of claim 24 further comprising:
- adjusting calibration of a second sensor, among the plurality of sensors, when a third sensor, among the plurality of sensors, indicates a change in the health status of the user.
- 10 26. The method of claim 25 further comprising:

  receiving body fat/muscle composition data from the second sensor;

  receiving calorie expenditure data from the third sensor; and
  adjusting the calibration of the third sensor when the second sensor indicates a
  change in the measured body fat/muscle composition.

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27. A software program implemented in a first computer system for delivering health related information to a second computer, the software program configuring the first computer to:

receive a first set of data from the second computer;

identify first health related information based on the first set of data; forward the first health related information to the second computer;

receive a second set of data from the second computer after the first health related information has been forwarded to the second computer; and

determine whether progress has been made to achieve a goal based on the second set of data.

28. The software of claim 27 further configuring the first computer to:
receive data relating to at least one of body fat/muscle composition, pulse rate and
body movements of a user at the second computer as the first set of data.

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29. The software of claim 27 further configuring the first computer to:

query a user at the second computer with questions relating to at least one of exercise preferences, social/learning tendencies and behavioral tendencies of the user; and receive responses to the questions from the user as the first set of data.

- 5 30. The software of claim 27 further configuring the first computer to:
  receive data relating to at least one of body fat/muscle composition, pulse rate and
  body movements of a user at the second computer as the second set of data.
- 31. The software of claim 27 further configuring the first computer to:

  query a user at the second computer with questions relating to at least one of
  exercise preferences, social/learning tendencies and behavioral tendencies of the user; and
  receive responses to the questions from the user as the second set of data.
  - 32. The software of claim 27 further configuring the first computer to:
    receive the second set of data from a user at the second computer from time to time.
    - 33. The software of claim 27 further configuring the first computer to:
      assemble a plurality of education materials each of which contains health related information.

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- 34. The software of claim 33 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.
- 35. The software of claim 33 further configuring the first computer to:
  assign attribute values characterizing the plurality of education materials, wherein
  the first data set is a collection of attribute values characterizing a health status of a user at
  the second computer.
- 36. The software of claim 35 further configuring the first computer to:

  match the attribute values of the first data set to the attribute values of the plurality of education materials.

37. The software of claim 36 further configuring the first computer to:

form a vector based on the attribute values of the first set of data;

form a plurality of vectors based on the attribute values of the plurality of education materials; and

- 5 compare the vector of the first set of data with each of the plurality of vectors.
  - 38. The software of claim 36 further configuring the first computer to:

    perform eigenvector analysis on the attribute values of the plurality of education
    materials;
- transform the attribute values of the plurality of education materials with one or more eigenvectors; and

transform the attribute values with the one or more eigenvectors.

- 39. The software of claim 36 further configuring the first computer to:

  perform a clustering analysis on the transformed attribute values of the plurality of education materials, to thereby identify one or more prototype education materials; and perform a K nearest neighbor analysis to match the transformed first data set to the prototype education materials.
- 40. The software of claim 27 wherein in the goal is a predetermined level of body fat/muscle composition ratio.
- The software of claim 40 further configuring the first computer to:
   select a new set of education materials to be forwarded to the user based on whether
   or not the progress has been made to achieve the goal.
  - 42. A software program implemented in a first computer system for delivering health related information to a second computer, the software program configuring the first computer to:
- receive a first set of data from a user at the second computer, wherein the first data set is a collection of attribute values characterizing a health status of the user;

assemble a plurality of education materials each of which contains health related information;

assign attribute values characterizing the plurality of education materials; and match the attribute values of the first data set to the attribute values of the plurality of education materials.

- 43. The software of claim 42 further configuring the first computer to:
  receive data relating to at least one of body fat/muscle composition, pulse rate and
  body movements of the user as the first set of data.
- 44. The software of claim 42 further configuring the first computer to:

  query the user with questions relating to at least one of exercise preferences,
  social/learning tendencies and behavioral tendencies of the user; and
  receive responses to the questions from the user as the first set of data.

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45. The software of claim 42 further configuring the first computer to: identify first health related information based on the match; and forward the first health related information to the user.

- 20 46. The software of claim 45 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.
  - 47. The software of claim 42 further configuring the first computer to: form a vector based on the attribute values of the first set of data;
- form a plurality of vectors based on the attribute values of the plurality of education materials; and

compare the vector of the first set of data with each of the plurality of vectors.

48. The software of claim 42 further configuring the first computer to:

perform eigenvector analysis on the attribute values of the plurality of education materials;

transform the attribute values of the plurality of education materials with one or more of eigenvectors; and

transform the attribute values with the one or more eigenvectors.

5 49. The software of claim 48 further configuring the first computer to:

perform a clustering analysis on the transformed attribute values of the plurality of
education materials, to thereby identify one or more prototype education materials; and

perform a K nearest neighbor analysis to match the transformed first data set to the prototype education materials.

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50. A software program implemented in a computer system for adjusting calibrations for a plurality of sensors, the software program configuring the computer to:

receive data from each of the plurality of sensors;

convert the received data using calibrations for each respective sensor;

compare the converted data of a first sensor, among the plurality of sensors, with the converted data of other sensors, among the plurality of sensors; and

adjust the calibration of the first sensor when converted data therefrom exhibit anomaly when compared with the converted data from other sensors.

- 20 51. The software of claim 50 further configuring the computer to: adjust calibration of a second sensor, among the plurality of sensors, when a third sensor, among the plurality of sensors, indicates a change in the health status of the user.
- 52. The software of claim 51 further configuring the computer to:

  receive body fat/muscle composition data from the second sensor;

  receive calorie expenditure data from the third sensor; and
  adjust the calibration of the third sensor when the second sensor indicates a change in the measured body fat/muscle composition.
- 30 53. A computer system for delivering health related information to a client computer, comprising:

a server computer configured to:

receive a first set of data from the client computer;
identify first health related information based on the first set of data;
forward the first health related information to the client computer;
receive a second set of data from the client computer after the first health related
information has been forwarded to the client computer; and
determine whether progress has been made to achieve a goal based on the second set
of data.

- 54. The system of claim 53 wherein the server computer is further configured to:

  10 receive data relating to at least one of body fat/muscle composition, pulse rate and body movements of a user at the client computer as the first set of data.
- The system of claim 53 wherein the server computer is further configured to:
   query a user at the client computer with questions relating to at least one of exercise
   preferences, social/learning tendencies and behavioral tendencies of the user; and
   receive responses to the questions from the user as the first set of data.
- The system of claim 53 wherein the server computer is further configured to:
   receive data relating to at least one of body fat/muscle composition, pulse rate and
   body movements of a user at the client computer as the second set of data.
  - 57. The system of claim 53 wherein the server computer is further configured to:
    query a user at the client computer with questions relating to at least one of exercise
    preferences, social/learning tendencies and behavioral tendencies of the user; and
    receive responses to the questions from the user as the second set of data.
  - 58. The system of claim 53 wherein the server computer is further configured to: receive the second set of data from a user at the client computer from time to time.
- 30 59. The system of claim 53 wherein the server computer is further configured to: assemble a plurality of education materials each of which contains health related information.

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60. The system of claim 59 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.

- 61. The system of claim 59 wherein the server computer is further configured to:

  assign attribute values characterizing the plurality of education materials, wherein the first data set is a collection of attribute values characterizing a health status of a user at the client computer.
- 62. The system of claim 61 wherein the server computer is further configured to:

  match the attribute values of the first data set to the attribute values of the plurality of education materials.
  - 63. The system of claim 62 wherein the server computer is further configured to:
    form a vector based on the attribute values of the first set of data;
    form a plurality of vectors based on the attribute values of the plurality of education
    materials; and

compare the vector of the first set of data with each of the plurality of vectors.

64. The system of claim 62 wherein the server computer is further configured to:
20 perform eigenvector analysis on the attribute values of the plurality of education materials;

transform the attribute values of the plurality of education materials with one or more eigenvectors; and

transform the attribute values with the one or more eigenvectors.

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65. The system of claim 62 wherein the server computer is further configured to:

perform a clustering analysis on the transformed attribute values of the plurality of
education materials, to thereby identify one or more prototype education materials; and
perform a K nearest neighbor analysis to match the transformed first data set to the

30 prototype education materials.

66. The system of claim 53 wherein in the goal is a predetermined level of body fat/muscle composition ratio.

- 67. The system of claim 66 wherein the server computer is further configured to:

  5 select a new set of education materials to be forwarded to the user based on whether or not the progress has been made to achieve the goal.
  - 68. A computer system for delivering health related information to a client computer, comprising:
- a server computer configured to:

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receive a first set of data from a user at the client computer, wherein the first data set is a collection of attribute values characterizing a health status of the user;

assemble a plurality of education materials each of which contains health related information;

- assign attribute values characterizing the plurality of education materials; and match the attribute values of the first data set to the attribute values of the plurality of education materials.
- 69. The system of claim 68 wherein the server computer is further configured to:

  receive data relating to at least one of body fat/muscle composition, pulse rate and body movements of the user as the first set of data.
- 70. The system of claim 68 wherein the server computer is further configured to:
   query the user with questions relating to at least one of exercise preferences,
   25 social/learning tendencies and behavioral tendencies of the user; and
   receive responses to the questions from the user as the first set of data.
- 71. The system of claim 68 wherein the server computer is further configured to: identify first health related information based on the match; and forward the first health related information to the user.

72. The system of claim 71 wherein the plurality of education materials are one of medical/health related journals, video clips and graphics.

73. The system of claim 68 wherein the server computer is further configured to:

form a vector based on the attribute values of the first set of data;

form a plurality of vectors based on the attribute values of the plurality of education materials; and

compare the vector of the first set of data with each of the plurality of vectors.

74. The system of claim 68 wherein the server computer is further configured to:

perform eigenvector analysis on the attribute values of the plurality of education
materials:

transform the attribute values of the plurality of education materials with one or more of eigenvectors; and

transform the attribute values with the one or more eigenvectors.

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- 75. The system of claim 74 wherein the server computer is further configured to:

  perform a clustering analysis on the transformed attribute values of the plurality of
  education materials, to thereby identify one or more prototype education materials; and
  perform a K nearest neighbor analysis to match the transformed first data set to the
  prototype education materials.
  - 76. A system for adjusting calibrations for a plurality of sensors, comprising: a computer configured to:
- receive data from each of the plurality of sensors;

  convert the received data using calibrations for each respective sensor;

  compare the converted data of a first sensor, among the plurality of sensors, with the converted data of other sensors, among the plurality of sensors; and
- adjust the calibration of the first sensor when converted data therefrom exhibit anomaly when compared with the converted data from other sensors.
  - 77. The system of claim 76 wherein the computer is further configured to:

adjust calibration of a second sensor, among the plurality of sensors, when a third sensor, among the plurality of sensors, indicates a change in the health status of the user.

- 78. The system of claim 77 wherein the computer is further configured to:

  receive body fat/muscle composition data from the second sensor;

  receive calorie expenditure data from the third sensor; and
  adjust the calibration of the third sensor when the second sensor indicates a change in the measured body fat/muscle composition.
- 79. The system of claim 76 wherein the computer is further configured to:

  process the received data, to thereby minimize hardware requirement of the plurality of sensors.

27/3,K/105 (Item 105 from file: 350) DIALOG(R) File 350: Derwent WPIX (c) 2005 Thomson Derwent. All rts. reserv. \*\*Image available\*\* 013334144 WPI Acc No: 2000-506083/200045 XRPX Acc No: N00-374231 Distributed access network method for providing on-line customer access to wellness information and retail products, includes controller which offers practical guidelines and advice to improve the user 's profiles Patent Assignee: CURRY J P (CURR-I) Inventor: CURRY J P Number of Countries: 085 Number of Patents: 003 Patent Family:

Patent No Kind Date Applicat No Kind Date Week WO 200046731 A1 20000810 WO 2000US1321 Α 20000119 200045 B Α AU 200024161 20000825 AU 200024161 20000119 200059 Α US 20020059359 A1 20020516 US 99118262 P 19990202 200237 US 99449237 Α 19991124

Priority Applications (No Type Date): US 99449237 A 19991124; US 99118262 P 19990202

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WO 200046731 A1 E 41 G06F-019/00

Designated States (National): AL AM AT AU AZ BA BB BG BR BY CA CH CN CU CZ DE DK EE ES FI GB GD GE GH GM HR HU ID IL IN IS JP KE KG KP KR KZ LC LK LR LS LT LU LV MD MG MK MN MW MX NO NZ PL PT RO RU SD SE SG SI SK SL TJ TM TR TT UA UG UZ VN YU ZW

Designated States (Regional): AT BE CH CY DE DK EA ES FI FR GB GH GM GR IE IT KE LS LU MC MW NL OA PT SD SE SL SZ TZ UG ZW

AU 200024161 A G06F-019/00 Based on patent WO 200046731

US 20020059359 A1 G06F-015/16 Provisional application US 99118262 Distributed access network method for providing on-line customer access to wellness information and retail products, includes controller which offers practical guidelines and advice to improve the user 's profiles

#### Abstract (Basic):

. . .

The controller (105) accesses the relevant user information to evaluate the user 's fitness, nutrition and wellness profiles according to the user 's rights. the controller than offers practical guidelines and advice to improve the user 's profiles which may be in the form of a user improvement plan. When users update lifestyle information, the system retains a profile history that users can later access to monitor their program progress.

for providing access to wellness related services including at least one of wellness, health or fitness services through a publicly accessible distributed network .

... For providing distributed access to fitness , nutrition, and wellness information and related products...

... Provides a simple and user -friendly interface that allows users to custom design interactive fitness, diet, and rehabilitation programs and purchase goods through the convenience of a distributed network .

... Title Terms: NETWORK;

International Patent Class (Main): G06F-015/16 ...

... G06F-019/00

International Patent Class (Additional): G06F-017/60
Manual Codes (EPI/S-X): T01-H07C ...

... T01-J05A1 ...

... T01-J05B

27/3,K/119 (Item 119 from file: 350)

DIALOG(R) File 350: Derwent WPIX

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011384851 \*\*Image available\*\*
WPI Acc No: 1997-362758/199733

Related WPI Acc No: 1996-115517; 1996-229693

XRPX Acc No: N97-301681

Exercise machine control and evaluation system for motorised treadmill

- has controller attached to machine storing programs to regulate operation and communications link for modification and evaluation

Patent Assignee: ICON HEALTH & FITNESS INC (ICON-N)

Inventor: BINGHAM C G; BREWER D P

Number of Countries: 001 Number of Patents: 001

Patent Family:

Patent No Applicat No Kind Date Kind Date Week US 5645509 Α 19970708 US 91724732 Α 19910702 199733 B US 92836105 Α 19920214 US 92990605 Α 19921214 US 94278994 Α 19940722

Priority Applications (No Type Date): US 92836105 A 19920214; US 91724732 A 19910702; US 92990605 A 19921214; US 94278994 A 19940722

Patent Details:

Patent No Kind Lan Pg Main IPC US 5645509 A 53 C

Filing Notes CIP of application US 91724732 Cont of application US 92836105 Cont of application US 92990605 CIP of patent US 5512025

Exercise machine control and evaluation system for motorised treadmill ...

- ... Abstract (Basic): The **exercise** system includes an **exercise** machine with an associated console, an external source of input signals, and a display. A...
- ...into which modules (16) can be slotted as part of the control system. An adjustment arrangement regulates the speed of movement of the belt as well as the resistance to movement...
- ...resistance to movement. An input can be received from a remote location via a telecommunications network by means of telephone lines or by an external computer connected to a local computer network. This enables the selection or supplying of the exercise programs from the console, for operation of the related exercise machine...
- ... USE/ADVANTAGE Also for exercise bicycle. Provides user programmable machine, allowing selection from several individualised programs. Allows connection to remote controls, video system, and remote input from adviser...

Title Terms: EXERCISE ;

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27/3,K/99
             (Item 99 from file: 350)
DIALOG(R) File 350: Derwent WPIX
(c) 2005 Thomson Derwent. All rts. reserv.
013661630
            **Image available**
WPI Acc No: 2001-145842/200115
XRPX Acc No: N01-106626
  Therapy system to prevent repetitive stress injuries to computer user ,
 has computer software program existing in computer memory to implement
  administrator directed therapy process
Patent Assignee: HEUVELMAN J A (HEUV-I)
Inventor: HEUVELMAN J A
Number of Countries: 001 Number of Patents: 001
Patent Family:
             Kind
Patent No
                    Date
                            Applicat No
                                           Kind
                                                  Date
                                                           Week
              A 20001107 US 99332209
US 6142910
                                          Α
                                                19990611 200115 B
Priority Applications (No Type Date): US 99332209 A 19990611
Patent Details:
Patent No Kind Lan Pg
                        Main IPC
                                    Filing Notes
US 6142910
             A 14 G01H-011/00
 Therapy system to prevent repetitive stress injuries to computer user ,
 has computer software program existing in computer memory to implement
 administrator directed therapy process
Abstract (Basic):
          software with password protection is initiated to prevent
   unauthorized access to make modifications to the user profiles or
   interrupt monitoring, comparing or interrupting processors.
          The system stores the computer software in memory to monitor
   the user activity of the tactile information input device. The
   computer user is informed through the video display and speaker to
   perform at least one physical therapy...
...a) interactive computer system for executing program for initiating
   audio/video exercise course; program for initiating audio/video
   exercise course...
...injury (RSI), occupational overuse syndrome (OOS), cumulative stress
    syndrome and toxic neck reflex to computer user , computer controlled
    industrial machinery operator due to uninterrupted trackball, joystick
    . . .
... Enables the operator to cease running programs operating in the computer
   and perform physical therapy exercises .
... Title Terms: USER;
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... Manual Codes (EPI/S-X): T01-S02 ...

... T01-S03

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(Item 79 from file: 350)
27/3,K/79
DIALOG(R) File 350: Derwent WPIX
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014559836
             **Image available**
WPI Acc No: 2002-380539/200241
XRPX Acc No: N02-297621
  Personal training and development delivery system for e.g. consumers, has
  server which select and present training and development exercises to
  participant by evaluating and analyzing clarities and biases score
Patent Assignee: CLEAR DIRECTION INC (CLEA-N)
Inventor: SMITH R K
Number of Countries: 001 Number of Patents: 001
Patent Family:
Patent No
             Kind
                    Date
                            Applicat No
                                           Kind
                                                  Date
US 6338628
              B1 20020115 US 2000504406 A
                                                20000215 200241 B
Priority Applications (No Type Date): US 2000504406 A 20000215
Patent Details:
Patent No Kind Lan Pg
                        Main IPC
                                     Filing Notes
US 6338628
             B1 18 G09B-005/00
    delivery system for e.g. consumers, has server which select and
 present training and development exercises to participant by
  evaluating and analyzing clarities and biases score
Abstract (Basic):
          A server executes personal profile application program that
    analyzes profile scores and determines participant 's strength and
    weaknesses. A database stores training and development exercises
    which are selected and presented by the server to the participant
    based on evaluation and analysis of clarities and biases of the
   participant to promote participation.
          The server hosts personal profile application program that
    combines clarity and bias scores for each set of value dimensions and
    set of views into a set of personal profile scores. An INDEPENDENT
    CLAIM is also included for a method for providing systematic training
    and development reminders and exercises to a participant.
        . . .
... For e.g. consumers engaged in internet -based commercial enterprises...
... Enables to determine individual strengths and weaknesses and
    automatically provides training and development exercises the focuses
    on reinforcing individual strengths and on modifying behavioral
    weaknesses
... Title Terms: EXERCISE;
```

Manual Codes (EPI/S-X): T01-J05B4P ...

... T01-N01B9

27/3,K/69 (Item 69 from file: 350)

DIALOG(R) File 350: Derwent WPIX

(c) 2005 Thomson Derwent. All rts. reserv.

014797142 \*\*Image available\*\*

WPI Acc No: 2002-617848/200266

XRPX Acc No: N02-489032

Computer system compares customer's answer choices with predicted choices corresponding to specific exercise testing system and on match of choices, result page comprising recommended exercise testing system is provided

Patent Assignee: SCHLAGETER D P (SCHL-I)

Inventor: SCHLAGETER D P

Number of Countries: 001 Number of Patents: 001

Patent Family:

Patent No Kind Date Applicat No Kind Date Week US 20020082947 Al 20020627 US 2000746827 A 20001222 200266 B

Priority Applications (No Type Date): US 2000746827 A 20001222

Patent Details:

Patent No Kind Lan Pg Main IPC Filing Notes

US 20020082947 A1 14 G06F-017/60

Computer system compares customer's answer choices with predicted choices corresponding to specific exercise testing system and on match of choices, result page comprising recommended exercise testing system is provided

Abstract (Basic):

... A query page comprising questions and answers, is directed to a customer. A comparison program compares the customer's answer choices with predicted answer choices corresponding to a specific exercise testing system. If the customer's choices match with the predicted choices, then a server provides a result page to customer. The result page provides the customer with the recommended exercise testing system.

... An INDEPENDENT CLAIM is included for the computer system utilization method...

... Computer system for assisting customer to configure resting ECG system...

... The recommended **exercise** testing system is efficiently provided to the **customer** by the result page obtained based on the comparison program ...

... The figure shows the flowchart illustrating the process of providing the recommended exercise testing system to the customer.

... Title Terms: CUSTOMER;

International Patent Class (Main): G06F-017/60

Manual Codes (EPI/S-X): T01-J06A ...

... T01-N01A2A

LATE BY

DAYS

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              EB()(SITE? OR PAGE? OR ADDRESS?)
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                  MATCH? OR COINCID? OR COMPATIB? OR PAIR? OR PARTNER? OR ID-
S4
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               PAL? ? OR FITPAL?
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S21
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                  S20 AND (S1:S11 OR S15) (10N) (S12:S14 OR S16:S17)
                  S21 AND S5:S6(10N)S8:S11
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S22 NOT S23
IDPAT (sorted in duplicate/non-duplicate order PA-Lit S21 AND S4 AND S8:S11 AND S7 AND S15
S26 AND S12:S13 AND (S14 OR S16)
S27 AND S14 AND S16
S28 AND S18
S29 NOT S22:S23
IDPAT (sorted in duplicate/non-duplicate order S21 AND S18 AND S1:S3(5N)S5:S6

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S31
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S33
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S34
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                  IDPAT (sorted in duplicate/non-duplicate order
File 348:EUROPEAN PATENTS 1978-2005/Sep W04
          (c) 2005 European Patent Office
File 349:PCT FULLTEXT 1979-2005/UB=2
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AVER CENT



## United States Patent [19]

#### **Browne**

[11] Patent Number:

5,921,891

[45] Date of Patent:

Jul. 13, 1999

# [54] ADAPTIVE INTERACTIVE EXERCISE SYSTEM

[75] Inventor: James Neville Browne, Woollahra,

Australia

[73] Assignee: Hayle Brainpower Pty. Ltd., Wollahra,

Australia

[21] Appl. No.: 08/913,173

[22] PCT Filed: Feb. 21, 1996

[86] PCT No.: PCT/AU96/00091

§ 371 Date: Sep. 25, 1997

§ 102(e) Date: Sep. 25, 1997

[87] PCT Pub. No.: WO96/26495

PCT Pub. Date: Aug. 29, 1996

#### [30] Foreign Application Priority Data

[56]

#### References Cited

#### U.S. PATENT DOCUMENTS

#### FOREIGN PATENT DOCUMENTS

33968/93 9/1993 Australia . 0 057 609 8/1982 European Pat. Off. . 0 650 695 A2 8/1987 European Pat. Off. . WO 87/05727 9/1987 WIPO . WO 94/02904 3/1994 WIPO .

#### OTHER PUBLICATIONS

Derwent Abstract, Accession No. 94–164905/20 Class P31, SU 1799545, A(ALTAI MED INST) Mar. 7, 1993.

Primary Examiner—Glenn E. Richman Attorney, Agent, or Firm—Darby & Darby

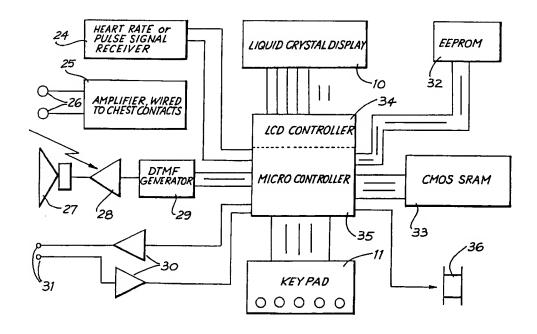
#### [57] ABSTRACT

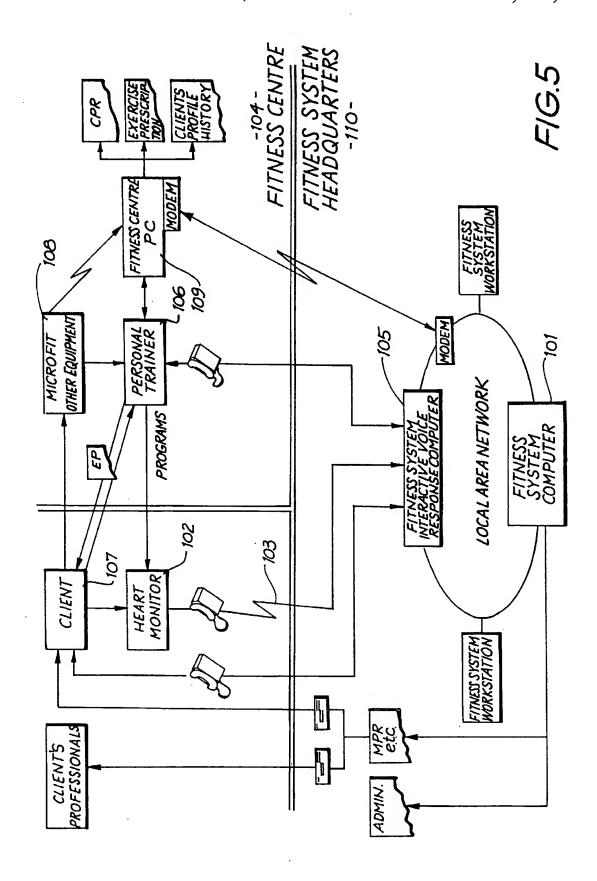
An improved user monitor 102 is a component of the illustrated monitoring system. This system includes a master data processor in the form of a computer 101 arranged to store physical parameter data for a plurality of users. Each user is provided with a user monitor 102 which is arranged to monitor at least one physical parameter of the user during exercise and store data relating to the physical parameter. This data can subsequently be transmitted to the master data processor by pulse transmission from the user monitor down a telephone line 103. The master data processor then compares the received data with the stored data for the user in order to enable monitoring of the progress of the user in an exercise regimen which has been preset for him.

At the end of each exercise, the exercise monitor screen shows an effort rating of "EFFORT 12".

The client can alter the number anywhere from 6 to 20 by using the keypad 14 on the face of the exercise monitor. The number entered relates to the client's perception of the degree of difficulty experienced during the exercise, for example, 9 is very light, 11 is "fairly light", 14 is "somewhat hard", and 15 is "hard". If a certain undesirable pattern of Effort Rating is detected the monitor is programmed to automatically respond to the undesirable pattern and to slowly alter the prescription.

#### 28 Claims, 6 Drawing Sheets





25/3,K/11 (Item 11 from file: 349) DIALOG(R) File 349: PCT FULLTEXT (c) 2005 WIPO/Univentio. All rts. reserv. 00254748 INTERACTIVE EXERCISE MONITORING SYSTEM SYSTEME DE CONTROLE D'EXERCICES INTERACTIF Patent Applicant/Assignee: HAYLE BRAINPOWER PTY LTD, BROWNE Neville, Inventor(s): BROWNE Neville, Patent and Priority Information (Country, Number, Date): Patent: WO 9402904 A1 19940203 WO 93AU367 19930721 (PCT/WO AU9300367) Application: Priority Application: AU 923659 19920721; AU 926611 19921231 Designated States: (Protection type is "patent" unless otherwise stated - for applications prior to 2004) AT AU BB BG BR BY CA CH CZ DE DK ES FI GB HU JP KP KR KZ LK LU MG MN MW NL NO NZ PL PT RO RU SD SE SK UA US VN AT BE CH DE DK ES FR GB GR IE IT LU MC NL PT SE BF BJ CF CG CI CM GA GN ML MR NE SN TD TG Publication Language: English Fulltext Word Count: 10076 INTERACTIVE EXERCISE MONITORING SYSTEM Fulltext Availability: Detailed Description Claims

#### English Abstract

...a desirable exercise regime. The monitoring device includes communication means enabling connection to a central **computer system** for downloading data recorded during an **exercise** session to the central computer. The central computer has stored information enabling it to compare this information and that sent by the monitoring device to provide performance reports. These enable **feedback** to the **user** via a personal trainer.

#### Detailed Description

#### INTERACTIVE EXERCISE MONITORING SYSTEM

The present invention relates to electric toasters and more particularly to electric toasters...an exercise event. This may be

associated with the physical parameter data for the particular exercise eventl as a form of "tag" to enable the master data processor to place in time the data from the user monitor, The user monitor also preferably stores 5 data enabling identification of the user by the master data...centre 104 where a series of tests will be conducted in order to establish the

of tests will be conducted in order to establish the user 's physiological profile. The elements of this profile will include the following.

- 1\* Weight kg
- 2, Systolic blood pressure mmHg
- 3\* Diastolic blood...
- ...to HDL ratio
  - 13, Triglycerides mmole mm
  - 14\* Glucose mmole/it

The elements of the user 's physiological profile may be varied from the above list. Additions may be made to the list, elements...

...above

list is one preferred list only.

- 10

Based on the results of this physiological **profile**, an **exercise** programme will be designed for the **user**. The **exercise** programme may have a number of aspects and will depend a great deal on how...

...to increase his fitness gradually, in accordance with his relative "unfitness", The design.of particular exercise regimens from such physiological profiles is known to those people who practise the art, Itis considered that the present invention...appropriate calculations utilising the physiological data to produce the suitable exercise regimen for the particular user.

Based on the results of the physiological **profile**, an **exercise** programme will be designed with the following features.

- 1. It will require a "whole of...his heart-rate is above or below predetermined limits, an audible alarm 36 for a similar purpose, and control keypad 11 (not shown in detail). -The user monitor.also includes 5 audio pulse generating means 27, 28, 29 for transmitting data down...length of the plateau time if desired by the user. For example, the user may want to carry on exercising on the plateau b beyond the normal recommended time, This is permitted and the user...to the master data processor, by way of the pulse code output 27\* All the user has to do is telephone the interactive voice response computer 105, hold the pulse code output 27 against the telephone and actuate...
- ...an exercise event to the master data processor
  101 which receives the data over a network from the
  5 interactive voice response computer 105. The user monitor
  102 may store information for only one exercise event.

This **prompts** the **user** to download the data to the master data processor means 101. He will not be...receive a 5 printed report generated by the master data processor which will provide complete **feedback** on his **exercise** activity, This will show whether he stuck to his heart-rate curve during exercise, and...

...it will also show how frequently he exercised,
The user may also return to the exercise centre at intervals in order to have his physical profile retested and compare current result's with earlier results. In this way the progress and...

...well as monitoring and comparing data from the user monitor 102, yill also

store the user information relating to his physiological profile, produce the heart-rate data curve-which is ideal for the user, produce regular reports...from the client.

name, address, phone, health history, profession; etc.

44, The PT, using the **Fitness** Centre Personal Computer 109 (FCPC), connects to the **Fitness System Computer** (FSC) 101 at the **Fitness** System Headquarters (FSH) 110 and manually enters the physiological and personal data.

NOTE: assume one...

...this

client. The display Tay be printed if required.

This data is known as the Client Profile Report (CPR).

46, The FSC then displays an **exercise** prescription. This display is copied to a local print format program on the FCPC 109...

#### ...monitor

102 and instructs the client in its use.

48\* If this is not the **client** 's first visit the PT may request a **profile** history from the HSC 101 and print this locally from the HCPC 1090 50\* Clients will exercise while wearing the HM 102\* 51e At the conclusion of their **exercise** the **clients** will phone the **Fitness** System **Interactive** Voice Response Computer (FSIVR) 105 and down-load a string of DTM.F data that...

#### Claim

- ... means is arranged to store heart-rate data in a form defining a heart-rate profile, against time, during the period of a single exercise event, and the indicating means includes comparison means for comparing the heart-rate of the user during the exercise event with the stored heart-rate profile, to determine whether or not the user 's heart-rate is within predetermined limits of the heart-rate profile.
  - 10 The **exercise** monitoring system of claim 9 wherein the heart-rate data is stored as a plurality...
- ...the users to make a voice recording being accessible by the respective user to receive feedback from his trainer.
  - 14 The exercise monitoring system of claim 2 wherein the master data processing means is arranged to-operate...the user in maintaining the physical parameter as close as possible to an expected parameter profile, 22 The exercise monitor of claim 21 wherein the monitor includes event memory means arranged to store a...
- ...is arranged to store heart-rate data
  in a form to defining a heart-rate profile , against time,

during the period of a single exercise event, and the indicating means includes comparison means for comparing the heart-rate of the user during the exercise event with the stored heart-rate profile, to determine whether or not the user 's heart-rate is within predetermined limits of the heart-rate profile.

25 The **exercise** monitor of claim 24 wherein the heart-rate data is stored as a plurality of...monitoring of claim 37 wherein

heart-rate data in a form defining a heart-rate **profile**, against time, during the period of'a single **exercise** 'event, is stored in the user monitoring device and the indicating means compares the heart-rate of the **user** during the **exercise** event with the stored heart-rate **profile**, and indicated whether or not the **user** 's heart-rate is within predetermined'limits of the heart-rate profile.

40 The method...trainer associated with a respective one of the users examines the report produced on the **user** and makes a voice recording on an **interactive** voice recording means and the respective **user** accesses the voice recording to receive **feedback** from his trainer.

 $44\ \mbox{The method}$  of monitoring of claim 31 wherein the master data...

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             EB()(SITE? OR PAGE? OR ADDRESS?)
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S18
          476
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S19
          233
                S18 AND (S12:S13 OR S14 OR S16:S17)
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S22
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S23
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       6:NTIS 1964-2005/Oct W1
         (c) 2005 NTIS, Intl Cpyrght All Rights Res
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       8:Ei Compendex(R) 1970-2005/Oct W1
         (c) 2005 Elsevier Eng.
                                 Info. Inc.
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         (c) 2005 Inst for Sci Info
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      35:Dissertation Abs Online 1861-2005/Sep
         (c) 2005 ProQuest Info&Learning
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      62:SPIN(R) 1975-2005/Aug W1
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      65:Inside Conferences 1993-2005/Oct W2
                                                         evier.com
         (c) 2005 BLDSC all rts. reserv.
File
      94:JICST-EPlus 1985-2005/Aug W2
         (c) 2005 Japan Science and Tech Corp(JST)
File
      95:TEME-Technology & Management 1989-2005/Sep W1
         (c) 2005 FIZ TECHNIK
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99:Wilson Appl. Sci & Tech Abs 1983-2005/Sep

(c) 2005 The HW Wilson Co.

File

File 111:TGG Natl.Newspaper Index(SM) 1979-2005/Oct 11

(c) 2005 The Gale Group

File 139: EconLit 1969-2005/Oct

(c) 2005 American Economic Association

File 144:Pascal 1973-2005/Oct W1

(c) 2005 INIST/CNRS

File 239:Mathsci 1940-2005/Nov

(c) 2005 American Mathematical Society

File 256:TecInfoSource 82-2005/Nov

(c) 2005 Info.Sources Inc

File 434:SciSearch(R) Cited Ref Sci 1974-1989/Dec

(c) 1998 Inst for Sci Info

23/9,K/117 (Item 2 from file: 111)
DIALOG(R)File 111:TGG Natl.Newspaper Index(SM)
(c) 2005 The Gale Group. All rts. reserv.

06214844 Supplier Number: 60375189

Gymamerica.com Pumps Up the Go2Net Network; The Online Fitness and Nutrition Powerhouse Announces Its Partnership With One of the Web's Top Portals.

Business Wire, 0252 March 21, 2000

LANGUAGE: English RECORD TYPE: Citation

COMPANY NAMES: Go2net Inc. DESCRIPTORS: Online services

GEOGRAPHIC CODES/NAMES: 1USA United States PRODUCT NAMES: 4811520 (Online Services)

SIC CODES: 4822 Telegraph & other communications

SIC CODES (NAICS): 514191 On-Line Information Services

TICKER SYMBOLS: GNET

FILE SEGMENT: NW File 649

Gymamerica.com Pumps Up the Go2Net Network; The Online Fitness and Nutrition Powerhouse Announces Its Partnership With One of the Web's Top Portals.

20000321

23/9,K/119 (Item 4 from file: 111)

DIALOG(R)File 111:TGG Natl.Newspaper Index(SM)

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05814405 Supplier Number: 54643782

GO Network Launches New Health Center: Exclusive Partnership With drkoop.com.

Business Wire, 0042

May 17, 1999

LANGUAGE: English RECORD TYPE: Citation

COMPANY NAMES: Go Network; Infoseek Corp.

DESCRIPTORS: Online services

GEOGRAPHIC CODES/NAMES: 1USA United States

PRODUCT NAMES: 4811520 (Online Services); 4811525 (Online Search Services

& Directories)

SIC CODES: 4822 Telegraph & other communications

SIC CODES (NAICS): 514191 On-Line Information Services; 51114 Database

and Directory Publishers

TICKER SYMBOLS: SEEK

FILE SEGMENT: NW File 649

GO Network Launches New Health Center: Exclusive Partnership With drkoop.com.
19990517

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